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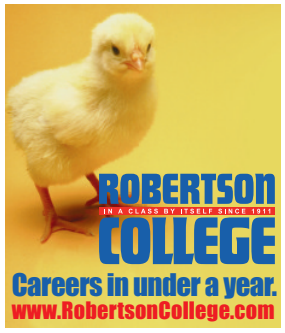
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Man gets jail time for trying to hang dog

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Madge feeling the Glee

On the web
Visit metronews.ca for news updates

PETER DEJONG/THE ASSOCIATED PRESS

The first of three KLM passenger planes heading to New York takes off from Schiphol airport in Amsterdam yesterday. European transport officials have carved up the sky, creating three zones to break the flight deadlock caused by a cloud of volcanic ash flowing from Iceland over Europe. More coverage, page 8.

Air slowly clearing

Stranded Calgary woman headed home as flights resume

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Stranded in Poland since last week, a Calgary woman now has her eye on a flight home from Europe.

Calgarian Jennifer Katyi was visiting family last week when a volcano in Iceland erupted and kicked up a cloud of ash that has caused flight cancellations worldwide.

She has finally been able to book a flight home for Thursday morning, Katyi said via Facebook.

At first Katyi was frustrated by the delay but was happy to spend more time with her family in Poland.

"We're finally coming home after being stuck in Europe ... it's been nice, but we need to get home," she said.

After five days in which nature brought the jet age to a halt, European officials agreed yesterday to let air traffic resume on a limited basis, giving hope to millions of travellers around the world stranded by ash from the volcano.

Three KLM passenger planes left Schiphol airport in Amsterdam yesterday evening during daylight under visual flight rules bound for New York, Dubai and Shanghai.

European Union transport ministers reached a deal during a crisis videoconference to divide northern European skies into three areas: a "no-fly" zone immediately over the ash cloud; a caution zone "with some contamination" where planes can fly subject to engine checks for damage; and an open-skies zone.

Starting this morning, "we should see progressively more planes start to fly," said EU Transport Commissioner Siim Kallas.

Canada's air travel industry is losing up to $4 million a day on flights grounded by volcanic ash clouds in one of the world's busiest flight corridors, airline analysts estimate.

"This is totally unprecedented in the history of the airline business," said airline analyst Robert Kokonis of travel consultancy Air Trav Inc., who estimated that after five days of disruptions, Canada's air travel industry has lost nearly $20 million in revenue from would-be passengers.

"The problem is this volcano couldn't be situated any worse ... the transatlantic air corridor is infinitely busier than the North Pacific air corridor."

WITH FILES FROM THE CANADIAN PRESS AND THE ASSOCIATED PRESS

Oilers eye slick new home in downtown Edmonton

SPORTS Calgary's hockey neighbours to the north appear headed towards new digs for their hometown club.

Edmonton Oilers owner Daryl Katz made his bid for a new arena official yesterday with a zoning application for a large swath of land on the edge of that city's downtown.

In addition to an arena the Oilers would call home, the application calls for a casino and a mix of hotels, apartments, retailers, broadcasting and movie studios, exhibition and convention facilities and nightclubs.

The land being considered is a 6.5-hectare plot just north of the downtown core.

The application does not include any architectural drawings, and it also stays away from the contentious issues of cost and funding.

The Calgary Flames lease on the Saddledome expires in 2014 and Flames president Ken King has indicated the club has taken a look at concepts for a new building.

In February, the Katz Group revealed it wants the city to pay for and own the $400-million arena. Katz, it was suggested, would invest in the surrounding entertainment district, with property taxes from that used to pay off the new arena.

METRO CALGARY/ WITH FILES FROM THE CANADIAN PRESS

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Local

Search is on for the best teen rockers

The Homestretch on CBC radio is looking to kick-start your rock-star dreams and is looking for the best teenage rock band in southern Alberta. Anyone between 13 to 18 years old in a rock band is eligible for the contest. Those interested can apply at cbc.ca/homestretch/rockhs.html.

METRO CALGARY

Motorcycle parking stalls available

COMMUTE The city has designated approximately 75 on-street parking stalls for scooters and motorcycles once again this year, and they will be available until the fall in five different parking locations.

The parking is located at 3 Street SW, south of 8 Avenue; 3 Street SW, south of 2 Avenue; 7 Street SW, north of 9 Avenue; 4 Avenue SW, west of 5 Street; and 1 Street SE, north of 4 Avenue.

Parking will cost $2.50 per hour to a maximum of $8, and on Saturdays, $.75 per hour to a maximum of $2.50.

METRO CALGARY

Water woes could cost developers

DARREN KRAUSE
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Calgary developers could lose millions in Okotoks if a water licence shortage in the town isn't sorted out soon.

According to an April 15 article in the Okotoks Western Wheel, the town has enough water licences to accommodate 24,500 residents — and a population nearing 23,000.

The town has been operating on its Sustainable Okotoks Policy, which will cap the number of residents at 30,000 — but now finds it's short on available water allowance for the amount of development already in the pipeline.

Ongoing developments in the town could be affected, and developers like Apex Limited Partnership, who have purchased land and have approved development plans, are being forced to play a waiting game while the water issue plays out.

Richard Priest, chief financial officer for Apex, who has a 400-unit subdivision called Mountainview slated for construction, said they maintain contact with the town while they navigate the water situation, but there's little else Apex can do.

"We were always told the town had water capacity for 30,000 … The number of units that we were able to develop was based on the water capacity of the town," Priest said.

Other developers like United Communities and Tristar Developments could also face trouble with water licence restrictions.

Mike Flynn of the Urban Development Institute, an organization representing developers, said they're helping work with the province, the developers and the town to lobby for a quick resolution to the problem.

But in the meantime, Apex's Priest said the company could be sitting on land that cost millions, but can't be developed.

"If I'm sitting on a piece of property that's supposedly worth $10 million and I can't do anything with it … I've got $10 million worth of farmland," he said.

Priest is expecting some sort of water announcement from the town in the next four to six weeks.

Calls to Okotoks municipal manager Rick Quail were not returned by deadline.

Community rallies to help family buy home

KINDNESS Calgarians' overwhelming generosity has touched the lives of a Calgary family that has been struck by their own personal tragedy.

Jeff Moodie, 33, was left a quadriplegic last year after he was body surfing in Mexico. A wave hit him the wrong way and he injured his spinal cord.

An Okotoks woman recently made it her own personal mission to help the Moodie family put a down payment on a wheelchair-accessible home and in just over three weeks, Sue Hill has helped raise tens of thousands of dollars.

"It's unbelievable the way people have stepped up to help, and it's people I haven't heard from in years, friends and even strangers. It's amazing," Moodie said.

Moodie's wife, Tiffany, said the family is astonished that people across Canada have also stepped up to help, even those from as far away as Nova Scotia.

"Jeff went to school out there and played football. There are not enough words to thank everyone."

For spearheading the event, Tiffany especially wanted to thank Hill, a family friend who also has a daughter-in-law in a wheelchair.

"I have learned a lot from this. You never really know what other people go through until you go through it yourself," Tiffany added.

Donations to the Jeff Moodie Foundation will be accepted at the Royal Bank in Okotoks or by mailing a cheque to Box 430, Station Main, Okotoks, Alta., T1S 1A6.

PHOTO SUBMITTED

Jeff Moodie, with wife Tiffany and son Madden. A body-surfing mishap left Moodie in a wheelchair and money is being raised to help the family put a down payment on a wheelchair-accessible home.

KRISTA SYLVESTER/
METRO CALGARY

Animal abuser banned from owning pets for 10 years

COURT In what is believed to be a first in Calgary, a local man was given a 10-year ban from owning pets by a provincial judge for attempting to hang his dog last year.

Last March, Bradley Kim Bergman, 56, assaulted his common-law wife during a domestic incident in which he attempted to hang the dog.

Justice Sean Dunnigan called the incident "despicable" and levied not only the maximum 10-year ban on owning animals but also sentenced Bergman to seven months in jail yesterday.

Crown prosecutor Gord Haight said he believes the ban is the first in Calgary and maybe even in Canada since changes to the Criminal Code in November 2008.

"It was a brutal crime, both to the dog and Ms. (Denise) Head. It's common that in cases of animal cruelty, there is an element of domestic violence," he added.

DAISY Foundation founder Heather Anderson said she was "ecstatic" about the 10-year ban and believes it may deter some people from abusing animals, but she also experienced some disappointment.

"We are happy he was given a jail sentence, but we wish he was given more time in jail, so it's a bit of both. This is an important issue for everyone," she said outside court.

"Animal abuse does turn into people abuse."

KRISTA SYLVESTER/
METRO CALGARY

KRISTA SYLVESTER/METRO CALGARY

Members of the animal-advocacy group DAISY Foundation protest outside the Calgary Court Centre yesterday during sentencing for Bradley Kim Bergman.

Telework Week kicks off in Calgary

PROMOTION Working from home might become a lot more common in Calgary as the city launched the inaugural Calgary Telework Week.

A Calgary Economic Development initiative dubbed theWORKshift program has been promoting teleworking in the city for a year now, and project manager Robyn Bews says things are going well so far.

"I think it's safe to say that teleworking is here to stay and there are a lot of opportunities for employers to jump aboard," Bews said.

"We believe this is a win-win-win situation for everyone."

Companies that jumped aboard yesterday include Telus, ATB Financial, SAIT Polytechnic, Calgary Police Services, Enmax and CED, and Bews hopes many more take part in the future.

CoworkYYC, the home for Calgary's freelance community, hosted the event yesterday and encourages Calgarians to take advantage of their work space.

"This is an accessible and smart space that makes being the boss of you even more rewarding," CoworkYYC co-director Nik Thierry said.

"They can avoid the noisy coffee shop, find their way out of their home office or even create a new office here to bypass a busy downtown commute and expensive parking."

KRISTA SYLVESTER/
METRO CALGARY

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Missing woman found safe

A 79-year-old woman missing from her Coral Springs home since Sunday morning was found safe yesterday afternoon. METRO CALGARY

Missin' the snow? **Mountains have it**

PHOTO COURTESY SUNSHINE VILLAGE

Sunshine Village brought their Downtown Throwdown setup to Stephen Avenue Mall yesterday, in order to remind Calgarians that even though temperatures are in the high teens, good snow still exists for skiers and snowboarders in the mountains.

50 days, so many men

Woman blogs about going on half-a-hundred dates

KRISTA SYLVESTER
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Research for a dating book is leading a Calgary woman on a wild adventure of 50 dates in 50 days.

Skyler Mitchell, 25, says she is getting hands-on dating experience for a book she has written by going on 50 dates in the next month and a half.

She is already heading onto date number 9.

"I've just finished five dates in less than 36 hours — wild," she blogged on Sunday.

But Mitchell says she is enjoying the frenzied ride of balancing her full-time sales job that takes her out of town, and numerous dates — admitting multiple dates can happen in one day.

"I go out of town a lot so sometimes I have to have a couple dates to take a date off," she said.

"But everyone thinks it's hilarious and it's getting a lot of attention. If I happen to meet someone who sweeps me off my feet, then that's even better."

It's Day 8 and she's already been out with a variety of men with different professions and polarizing ages.

"I think it's a lot of fun and it's been very interesting. I already wrote a book and I am sure I will have to rewrite the book with some of these experiences," Mitchell said.

Mitchell is chronicling her dating ventures in a comical blog online and already has several suitors being chosen for her by local radio stations and friends.

Lining up

- Skyler is still looking for some dates, so if you're interested, contact her at 50datesin50days@gmail.com

U of C, pro-life students face off

DISPUTE Another showdown is brewing between the University of Calgary and the Campus Pro-Life Club (CPL) after the group showed its controversial displays again two weeks ago.

The latest incident in the dispute occurred when eight pro-life students ran the controversial displays on April 8 and 9, which resulted in officials sending the students letters to arrange a meeting with the provost where they could face a variety of consequences, including expulsion.

"We're very disappointed in the school and we do not want to get kicked out but we will stand up for what we believe in and we're not backing down," said CPL president Leah Hallman.

Hallman is concerned about the meeting with the school in two weeks, but says the school is infringing on the students' freedom of speech.

The school and the group had similar interactions over the graphic displays last year, some of which show dead fetuses.

U of C officials declined to comment, but issued a statement saying that due to privacy concerns, it will not comment on specific matters relating to misconduct proceedings.

U of C student Natasha Wengrowich says she personally does not like seeing the displays up at campus.

"I believe in freedom of speech, but I don't believe in comparing abortion to genocide and the Holocaust," she said.

"I don't think that's right."

KRISTA SYLVESTER/METRO CALGARY

News in brief

SIMULATION The University of Calgary Faculty of Medicine has expanded a simulation centre to allow medical students the opportunity to enhance their skills using a variety of simulators including mannequins, which will simulate a mock clinical setting. The monitors will be able to show blood pressure, chest X-rays, and lab results and some of the mannequins can talk and respond to injury and treatment.

REWARD The Calgary Board of Education is hosting a celebration to recognize school bus drivers for their hard work this week. There will be two events this week that will feature gifts of appreciation and door prizes for the drivers. These events are being held in partnership with the Alberta Get On Board campaign, other local Calgary school jurisdictions and Calgary school bus carriers. METRO CALGARY

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Lap-dancing teachers both out of work

Two Manitoba high school teachers whose enthusiasm at a pep rally morphed into a mock lap dance that became an Internet sensation are now out of jobs. The chairwoman of the Winnipeg School Division said teacher Chrystie Fitchner's resignation was accepted yesterday while Adeil Ahmed's contract expired and would not be renewed. THE CANADIAN PRESS

Canada

Liberals aim to save long-gun registry

Liberal Leader Michael Ignatieff says he'll require his caucus to oppose the next vote to scrap the controversial long-gun registry. The move aims to save the registry and avoid a split in the Liberal ranks after some opposition MPs voted for the government legislation last time around. To make it more palatable to his MPs — especially those from rural areas — Ignatieff says he'll propose changes to the registry, including decriminalizing the failure to register long guns. THE CANADIAN PRESS

Jaffer set to testify

NDP fail to block ex-MP's committee appearance

Rahim Jaffer is to speak publicly for the first time this week about the allegations of improper lobbying that hang like a cloud over him and his young consulting business.

Rahim Jaffer

The NDP had tried unsuccessfully yesterday to thwart their appearance at a Commons committee, their appetite for the scandal suddenly waning.

Jaffer's business partner at Green Power Generation, a company that promotes sustainable technologies and renewable energy projects, said they were anxious to address the allegations of unregistered lobbying with the Conservative government.

"We want to get this thing over with," Patrick Glemaud said of the appearance at the government operations committee Wednesday.

"Our concern is that we want to be treated fairly, and our concern is we want to be sure that there's a notion of natural justice, especially since the Liberal party already made a request of the commissioner of lobbying to do an investigation, and this committee is talking about the same topic."

The NDP's Pat Martin had questioned the usefulness of the "circus" that would take place before the RCMP, ethics and lobbying commissioners could conduct their own investigations. But ultimately his bid to stop the appearance did not make it to a vote at the committee late yesterday, as the Liberals filibustered. THE CANADIAN PRESS

Jean 'lances Congo's biggest boil' in tough talk on systemic rape.

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Ontario **Soldier brought home**

WATERLOO REGION RECORD-PETER LEE/THE CANADIAN PRESS

The casket of Pte. William Tyler Todd is carried at his funeral yesterday afternoon at Plattsville Missionary Church in Plattsville, Ont., a suburb of Kitchener. Todd was killed in a roadside bomb blast in Afghanistan over a week ago.

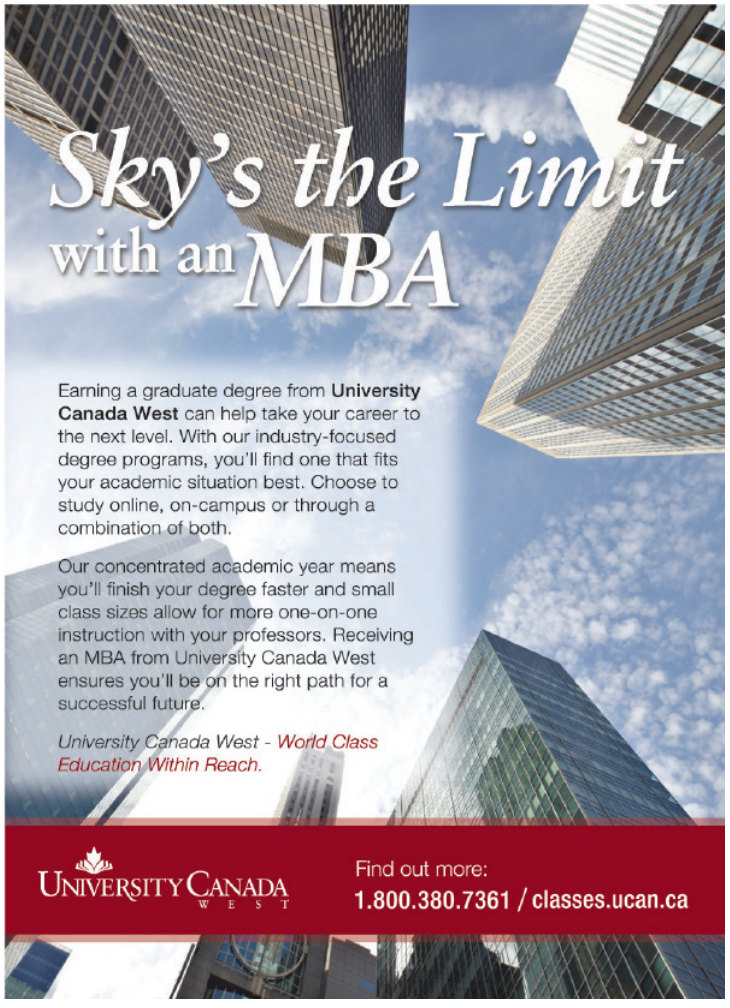
Nunavut to crack down on booze

BOOTLEGGING The Nunavut government is fed up with bootleggers making $10,000 in a single weekend and is moving to deal with the territory's crippling alcohol problem.

An effort to reform the territory's liquor laws begins today, but Nunavut's justice minister is already talking about sky-high fines for bootleggers and legislation to allow the government to confiscate their homes, boats and snowmobiles.

"You've got bootleggers making $10,000 or $15,000 in a weekend, a small fine is insignificant to them," said Keith Peterson. "But if they're at risk of a $25,000 or $50,000 fine, or if you can lose all your assets from the proceeds of crime, that could make some of the bigger bootleggers think twice."

THE CANADIAN PRESS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Families pay over 40% in tax: Fraser Institute

The think-tank says taxes ate up 41.7 per cent of the average family's income in 2009, up from 40.8 per cent in 1981. THE CANADIAN PRESS

Pardon system 'offensive': Harper

Prime Minister Stephen Harper drew mixed reviews yesterday for bemoaning the fact convicted killer Karla Homolka will be able to apply for a pardon later this year.

PAWEL DWULIT/THE CANADIAN PRESS

Prime Minister Stephen Harper gives a speech in Ottawa yesterday to mark the kickoff to National Victims of Crime Awareness Week.

The prime minister cited Homolka's looming pardon eligibility as one of a series of frustrations he has felt in the last few weeks about the weaknesses in Canada's justice system.

Homolka, who was convicted of manslaughter and served 12 years in prison in the sex-slaying of two girls, is also eligible to apply for a pardon through a system that grants "99 per cent" of applicants their wishes, Harper said.

"For many years, the vast majority of Canadians have found this deeply offensive. Now, they find it unacceptable," Harper told a victims' rights conference.

Harper has asked Public Safety Minister Vic Toews to table new legislation in the coming months that would tighten the pardon system.

Toronto lawyer Tim Danson, who represents the families of the slain teens, said as much as Homolka does not deserve to be pardoned, that doesn't mean that other offenders should be denied the right to have their criminal convictions sealed.

THE CANADIAN PRESS

News in brief

HATE CRIME? A Nova Scotia woman who had a burning cross placed on her front lawn in February saw her car go up in flames on Saturday. The cross burning led to hate-crime charges against two brothers, but police would not say if the car burning was connected to the hate crimes case. Michelle Lyon said she thought of moving from Poplar Grove, N.S., after the first incident, but remained after recieving public support. THE CANADIAN PRESS

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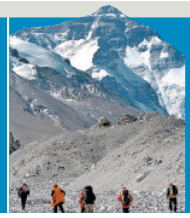
New Zealand reverses stance

New Zealand is reversing its opposition to a UN declaration providing for rights of native peoples worldwide and says it will now sign on. When the UN adopted the Declaration on the Rights of Indigenous Peoples in 2007 four opponents — Canada, the U.S., Australia and New Zealand — argued it was incompatible with their existing laws. THE ASSOCIATED PRESS

World



Body recovery mission on Everest

A team of 20 Sherpa mountaineers plans to remove bodies of climbers who died in Mount Everest's "death zone," a treacherous stretch that has claimed some 300 lives since 1953, the team leader said yesterday. The team also aims to remove tons of garbage left behind on the slopes under a Nepalese government program to clean up the popular tourist destination. THE ASSOCIATED PRESS

News in brief

SPAIN Stranded travellers are piling into buses, trains and high-priced taxis in a frantic scramble to accomplish an increasingly tricky mission: Escape from Europe. Spain was becoming a dream destination not for its beaches and monuments but simply by virtue of the fact it's one of the few European countries unaffected by the ash cloud drifting across the continent. Monstrous lines filled the departure terminals at Madrid's Bajaras Airport as people sought a chance to flee.

TENNESSEE A gunman took a taxi to a hospital yesterday and opened fire, killing a woman and injuring two others before committing suicide, police said. All the victims were female and current or former employees of Parkwest Medical Center, Knoxville Police said. It did not appear that any of the victims were related to the suspect or that there was any connection between them.

THE ASSOCIATED PRESS

Stuck on the other side of Earth

Volcano flight chaos pummeling passengers' pocketbooks

Andrew and Debbie Jackman of Britain spent more than two years saving up for their family vacation to Australia. They probably wish they'd saved a little longer.

On Friday, they found out their Qantas flight from Sydney to Britain had been cancelled thanks to the volcano erupting in Iceland. So the couple and their two teenage sons squeezed into a $140 hotel room to wait out the night.

On Saturday, the hotel raised the price of the same room by 200 Australian dollars, simply because it could, Andrew said ruefully.

After endless negotiations the hotel brought the price back down, but the family, broke and frustrated, opted to move to a hostel. "We're at the end of the holiday so we've spent all our money," a weary-eyed Andrew said at Sydney Airport. "Because that's what you do on holiday."

JON PAL YUHELMSSON/THE ASSOCIATED PRESS

The eruption of the Eyjafjallajokull volcano in Iceland has entered a new phase — producing less smoke but bubbling with lava. Low-energy lightning is sometimes active during eruptions, arcing between particles as they exit the volcanic vent.

European Union officials agreed yesterday to allow limited flights to resume, but a backlog of passengers means that tens of thousands of people are still stranded — and increasingly strapped for cash. Stuck passengers have had to shell out for hotels, restaurant meals and transport as they seek information on when their travel nightmare might end.

In Japan, Francois Broche was down to his last $30. The literature and philosophy professor from France said he would have to call his bank at home to see if he can get money transferred.

"I stayed in my hotel last night, but that was all my money," he said at Narita Airport near Tokyo. "I think I'm going to stay here and sleep at the airport. Help me God." THE ASSOCIATED PRESS

Forces kill Iraqi al-Qaida leaders

BAGHDAD U.S. and Iraqi forces killed the two top al-Qaida figures in the country in a nighttime rocket attack near Tikrit, a joint operation the U.S. called a significant blow to the insurgency and a sign Iraqi forces are strengthening. Prime Minister Nouri al-Maliki announced the killings of Abu Omar al-Baghdadi and Abu Ayyub al-Masri in Baghdad and showed reporters photographs of their bloody corpses.

THE ASSOCIATED PRESS

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Families of slain sailors file suit on Sudan
Relatives of the 17 sailors killed 10 years ago in the attack on the USS Cole are suing Sudan for emotional damages they were denied in a previous lawsuit. They are seeking $282.5 million US in damages for pain and suffering. THE ASSOCIATED PRESS

Bangladesh **Fan-tastic**

RAVEL RAHMAN/THE ASSOCIATED PRESS

Bangladeshi woman Amina Begum carries handmade fans in Dhaka, Bangladesh, yesterday. Bangladeshi people stock handmade fans made of palm leaves, candles, lanterns and fuel for generators to deal with the acute power failure in the country.

Trapped girl finally freed from rubble

Relatives kept alive a four-year-old girl and an elderly woman trapped by an earthquake under a collapsed house for almost a week by using bamboo poles to push water and rice through the rubble until rescuers saved them yesterday.

The rare good news came as the death toll in China's remote Tibetan region jumped to nearly 2,000.

Rescuers also freed a third person from the rubble of a hillside house that toppled when the magnitude-6.9 temblor struck Yushu county of Qinghai province Wednesday morning, state broadcaster China Central Television reported.

The death toll from the quake climbed to 1,944, while more than 12,100 people were hurt, the official Xinhua News Agency said. Relief and reconstruction work accelerated, with power and telecommunications services largely restored and aid convoys arriving in droves.

The rescue of Wujian Cuomao, 68, and Cairen Baji, 4, from a crumbled home in a village about 13 miles from the hardest-hit town of Jiegu was hailed by state media as a miracle and repeatedly played on television news broadcasts. THE ASSOCIATED PRESS

Saved

- The woman and child were protected by a wooden bed frame, which they huddled under as the house fell to pieces around them. A young woman CCTV said was a relative pointed to an eight-inch gap between the floor and a corner of the broken bed frame.

Footage shows Taliban at abandoned U.S. base

AFGHANISTAN Taliban fighters swarmed over a mountaintop base abandoned last week by the U.S. military following some of the toughest fighting of the Afghan war, according to footage aired yesterday by a major satellite television station.

The video by Al-Jazeera television is a morale booster for Taliban fighters, though the U.S. insists the decision to withdraw from the base in the Korengal Valley was sound and the area has no strategic value.

The footage showed armed men walking through the former U.S. base, which was strewn with litter and empty bottles, and sitting atop sandbagged gun positions overlooking the steep hillsides and craggy landscape. Fighters said they recovered fuel and ammunition. But a U.S. spokesman said ammunition had been evacuated and the fuel handed over to local residents. THE ASSOCIATED PRESS

Tensions rise as election nears

MYANMAR The possibility of armed conflict in Myanmar, also known as Burma, is rising because a series of cease-fire agreements between the military government and more than a dozen armed ethnic groups are dissolving as the regime seeks to press those groups into becoming a border militia under government control. The government has set a deadline of April 28 for the armed groups to merge or disarm as the junta tightens its grip on the country ahead of this year's elections. THE ASSOCIATED PRESS

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Comment

Bigger issues at hand

NationalReport
Lawrence Martin

metronews.ca/nationalreport

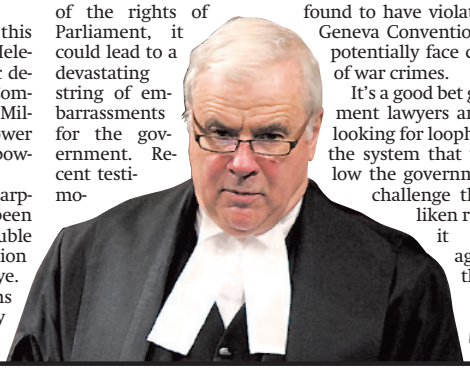
All the sound and fury over the Helena Guergis affair, which may turn out to signify nothing, or very little, has served to camouflage matters more serious.

The story to watch this week is not Hurricane Helena. It is a likely historic decision by House of Commons Speaker Peter Milliken on executive power versus parliamentary power.

In many cases, the Harper government has been able to stay out of trouble by shielding information from the public eye. There are indications that it might soon pay the price. Milliken will rule on the prime minister's bid to defy the will of Parliament in blocking the Commons' request for documents on the Afghan detainees affair.

The Conservatives have thus far only released heavily censored documents. They argue that to release them would jeopardize national security. It's a convenient rationale and has been used and likely abused countless times on countless issues.

If Milliken rules in favour of the rights of Parliament, it could lead to a devastating string of embarrassments for the government. Recent testimony from a number of sources suggests strongly that contrary to what the government has been saying, it knew prisoners taken by Canadian soldiers were turned over to Afghan authorities for torture. Chances are good the uncensored documents will prove this. That would mean the government would be caught red-handed in having repeatedly misled Parliament with its statements on the matter. It would mean it could be found to have violated the Geneva Conventions and potentially face charges of war crimes.

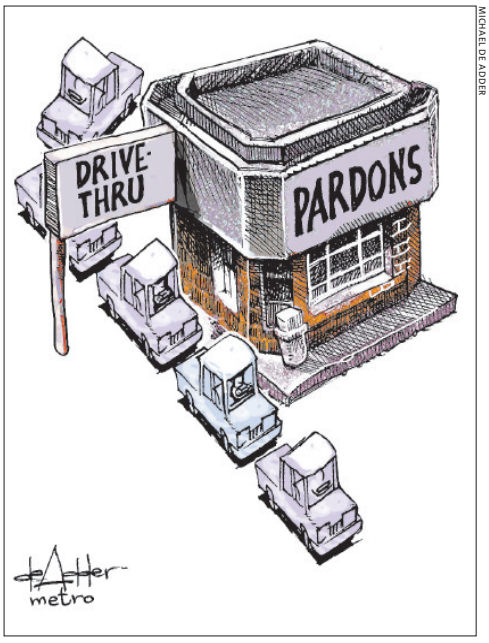

Peter Milliken

It's a good bet government lawyers are busy looking for loopholes in the system that will allow the government to challenge the Milliken ruling if it goes against them.

A related question of legalities is confronting the Harper team. Evidence is accruing to the effect that political operatives may have instructed civil servants to block the release of documents requested under the Access to Information Act. If such were the case, the actions would be a violation of the law. The last thing the government needs now are civil servants blowing the whistle on political manipulation of the access to information process.

These issues make the shenanigans of Helena Guergis and Rahim Jaffer pale by comparison. The explosive story in Ottawa is not that one. It is secrecy and censorship practised by the government and whether developments in the weeks to come will blow the lid off what it has been doing.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Tune into work or shopping surroundings

InBusiness
Charles Davies

metronews.ca/inbusiness

For me, a chronic irritant about shopping at my local big box hardware store is the tinny soft rock music that's pumped out of parking lot speakers. It doesn't put me in a mood to buy so much as warn me about the frustration I'm going to face as I stumble around looking vainly for sales help.

But I understand why they do it. I might not like the offering, but thousands of my fellow shoppers will, and that's going to translate into bigger sales of everything from ant traps to zinc-plated cabinet hardware. Whether it's in retail space or the workplace, music has more than charms to soothe the savage beast.

Pleasurable music encourages the brain to boost production of dopamine, improving a person's mood. Innumerable studies show music helps select customers for a store and encourages them to open their wallets. Alternatively, music can keep unwanted customers away. In the workplace, music can elevate mood, stimulate productivity and induce feelings of job satisfaction. Even the grumpiest of the seven dwarfs felt better if they whistled while they worked. Music, in other words, is good for the economy.

Music has been in public spaces for centuries, but it wasn't until the early 1930s when a company called Wired Radio Inc. — later known as Muzak — started piping tunes to customers that music started to become pervasive. Today, Muzak claims that more than 100 million workers in more than 12 countries listen to its customized soundtracks daily. And many toil to their own beat. A 2008 Harris Poll found that nearly one-third of all U.S. employees listen to personal music devices at work.

Sometimes, music's effect can be precisely measured. At the University of Leicester in the U.K., for instance, researchers discovered that restaurant patrons would spend 10 per cent more if there was classical music playing in the background. Sports bar owners in the U.S. have figured out that music with extended drum or electric guitar solos drives customers away. And, apparently, Bob Dylan harmonica solos kill office workers' concentration.

Music isn't always a good thing. In industrial workplaces like factories or mines, it can mask dangers. In highly intense jobs like investment banking, an iPod can send the signal that the wearer isn't committed.

But it really does boost productivity. Take this column. It was written in 14 minutes 12 seconds, exactly the amount of time it took for two run-throughs of Derek and the Dominos' Layla.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

New stance for former Cold War adversaries

In a symbol of their new partnership, the United States and Russia urged all countries yesterday to follow their recent nuclear arms cuts by taking action toward the goal of global disarmament and a nuclear-free world.

Ambassadors from the former Cold War rivals joined forces at a UN General Assembly debate to tout the April 8 signing of a "New START" treaty that would shrink their arsenals to the lowest point since the frightening arms race of the 1960s.

Russian UN Ambassador Vitaly Churkin called on all nations "without exception, and first and foremost those that have nuclear arsenals, to join efforts with Russia and the United States in this field and to contribute actively to the disarmament process."

"We are convinced that only through collective efforts we can succeed in achieving effective disarmament and a nuclear-free world," Churkin said.

U.S. Ambassador Susan Rice encouraged all countries to build on the recent momentum to make "real progress" on disarmament, nonproliferation and the peaceful uses of nuclear energy at the upcoming five-year review of the Nuclear Nonproliferation Treaty, which begins May 3.

In an unusual move, Rice and Churkin sent a note to UN member states last Wednesday saying they would address yesterday's opening session of the debate on "Disarmament and World Security" to highlight the "New START" treaty signing.

THE ASSOCIATED PRESS

Bold opening

• The treaty, signed in Prague by U.S. President Barack Obama and Russian President Dmitry Medvedev, signalled a bold opening in previously soured U.S.-Russia relations. If ratified by both nations' legislatures, it will shrink the limit of nuclear warheads to 1,550 each over seven years, down about one-third from the current ceiling of 2,200.

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Oil firm picks veteran to take helm

Phoenix Oilfield Hauling Inc., an oil industry services company based in Alberta, says it has appointed energy services veteran Chris Challis as the company's new president and chief executive. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Raising rates questioned

It's a minority view, but some economists are advising the Bank of Canada to hold off on raising rates — for a long time.

The reason, says Carl Weinberg of U.S.-based High Frequency Economics, is the Canadian economy is not nearly as strong as recent data suggests and inflation is at acceptable levels.

He says Canada's central bank could easily keep interest rates at record lows until next year and not worry about inflation getting out of hand.

That flies in the face of the prevailing view of economists, who believe Bank of Canada governor Mark Carney will start raising rates in July — or possibly even in June.

Carney is expected to give a strong hint into his thinking this week, starting today with a scheduled interest rate announcement.

No one thinks Carney will move this week on the policy rate, which is at an emergency level of 0.25 per cent, but the governor is expected to issue a new forecast on both growth and inflation that will tip off when he will act.

Carney made a conditional pledge last spring not to raise rates until the end of the second quarter of 2010 unless inflation becomes a worry.

That's going to be a high hurdle for Carney to jump if he does intend to move early, says Michael Gregory of BMO Capital Markets.

THE CANADIAN PRESS

Inflation within target range

- Statistics Canada reported last month that core inflation rate, which the Bank of Canada watches closely, was 2.1 per cent in February while overall inflation was 1.6 per cent. Both are within the central bank's target range of one to three per cent.

NATHAN DENETTE/THE CANADIAN PRESS FILE PHOTO

Bank of Canada governor Mark Carney is expected to show his hand today on whether he believes the economic recovery is rooted enough to withstand an increase in interest rates.

Toyota agees to pay record $16.4M fine

RECALL Toyota has agreed to a record $16.4-million fine for its slow response to sticking gas pedals — the equivalent of a little more than $2 for every vehicle the company sold around the globe in 2009.

But the fine, the maximum under the law, could be simply a downpayment in the long run: The Japanese auto giant still faces dozens of private lawsuits, which have been combined before a federal judge in Santa Ana, California.

"In the court of public opinion, paying the fine speaks volumes. But at the end of the day, the fines are simply background noise in terms of the civil litigation," Richard Arsenault, a plaintiff's attorney in Alexandria, Louisiana, said Monday.

Rushing to address new safety concerns, Toyota said it would recall all 9,400 of the 2010 Lexus GX 460s that went on sale in late December.

THE ASSOCIATED PRESS

8 Toyota has recalled more than eight million vehicles worldwide because of acceleration problems in multiple models and braking issues in the Prius hybrid.

Banking **On the rebound**

RICHARD DREW/THE ASSOCIATED PRESS

Citigroup Inc. has provided more evidence that America's big banks may have turned a corner, reporting a first-quarter profit as trading revenue offset losses from failed loans. Citigroup says it earned US$4.4 billion after payment of preferred dividends.

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Suncor Energy begins operations at Syria facility

GAS Suncor Energy Inc. has kicked off commercial operations at its $1.2-billion Ebla natural gas development in Syria, one of many international assets it took on through its takeover of Petro-Canada last year.

Canada's largest energy company began selling natural gas into the domestic market yesterday, after successfully commissioning and testing the project's wells, pipelines and other equipment.

"The team has delivered ahead of schedule, within budget and with a strong safety record," Mark Little, senior vice-president, international and offshore, said in a statement.

Ebla covers more than 1,250 square kilometres in the central part of the North African country, and includes gas producing wells, gas gathering and compression stations, about 80 kilometres of pipeline and a gas treatment plant. It is designed to produce 80 million cubic feet of gas per day.

THE CANADIAN PRESS

Business in brief

LOANS General Motors Co. will fully repay the $6.7-billion US loan portion of its U.S. government aid earlier than its previously promised payback date of June, a person briefed on the plans said yesterday. The company has received a total of $52 billion in U.S. government aid, with the $6.7 billion considered a loan.

THE ASSOCIATED PRESS

TD sees little risk in buying Florida banks

BANKING TD Bank is playing it safe by purchasing the risky assets of three insolvent Florida banks under an agreement with regulators that some analysts say carries minimal downside for the Canadian bank, even if all of the loans were to go sour.

"I look at this type of a deal as very low-risk on what could be considered some high-risk type of assets," said Craig Fehr, a financial services analyst with Edward Jones in St. Louis. "I think that's a nice little jump start for TD, to be able to grow that presence along the eastern seaboard over time."

TD Bank announced last Friday it bought the assets and liabilities of Riverside National Bank of Florida, First Federal Bank of North Florida and AmericanFirst Bank from the U.S. Federal Deposit Insurance Corp.

The FDIC has agreed to share 50 per cent of the loan losses up to specific thresholds at each bank. From that point, the FDIC would handle 80 per cent of the loan losses.

Desjardins Securities analyst Michael Goldberg published a note yesterday that was also optimistic about the agreement.

He noted that TD will only be responsible for at most about $575 million US of loan losses in the unlikely event that all of the three banks' loans went to zero value.

"TD has acquired these banks' $3.8 billion US assets at par and is not paying a premium for their $3.1 billion US of deposits," Goldberg wrote.

The bank is getting a major expansion in its U.S. banking operations, adding 69 new retail locations to its roster, bringing the total to 103 in Florida. Between the three banks there are about 900 employees, though TD expects to hire more staff.

TD, which already has a major retail presence in the northeastern United States, says the acquisitions in Florida will help broaden its U.S. presence.

Fred Graziano, head of TD's U.S. retail banking, said the bank is confident that its agreement with the FDIC makes the acquisitions safe bets.

Fehr suggested that other Canadian banks could begin to feel pressure from their investors to follow in TD's footsteps with their own acquisitions south of the border.

"When you see TD make a deal like this, is kind of shifts a little bit of focus over to BMO and RBC," Fehr said. "Investors say 'OK, TD did something like this, why can't you?'"

THE CANADIAN PRESS

ScanLife

What should you expect when iPhone 4.0 lands in June?

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Indian outsourcing company has 'stellar' financial year

Tata Consultancy Services Ltd., India's largest outsourcing company, said yesterday that its net profit for the 2009-10 financial year increased by 29.01 per cent to $1.45 billion, describing it as a stellar performance. THE ASSOCIATED PRESS

Low gas prices expected to ding oilpatch Q1

When EnCana Corp. kicks off the first-quarter earnings season in the Canadian oilpatch tomorrow, industry watchers want to know how the pure-play natural gas producer plans to shield itself from low commodity prices.

"I think the key thing to watch for in that story will be the hedging," John Stephenson, portfolio manager with First Asset Investment Management, said yesterday.

In the past, Calgary-based EnCana has been successful in using hedge contracts to lock in revenue from future production at much better prices than what it could otherwise fetch on the spot market.

For instance, the company entered into contracts last year to sell 35 per cent of its natural gas for $6.21 per 1,000 cubic feet for the 2010 gas year, which runs until the end of October.

By contrast, the current gas price for May delivery on New York Mercantile Exchange is below $4 and has traded significantly lower over the past year. THE ASSOCIATED PRESS

EnCana can snag lower prices

- The Calgary company has amassed huge land positions in promising shale gas formations in northeastern British Columbia, Louisiana and Texas.
- Because of their sheer size, unconventional plays can generally be economically exploited at lower natural gas prices than their conventional counterparts.

Obama to push for financial overhaul on Wall St.

POLITICS U.S. President Barack Obama is heading to New York City later this week to push for a financial overhaul package.

The speech Thursday at Cooper Union in Manhattan comes as a Senate showdown looms on a package of new regulations that Republicans have unanimously opposed.

Over the weekend, GOP leader Mitch McConnell (R-Ky.) urged top Democrats to go back to the drawing board and assemble a package that can win bipartisan support. But Democrats accused McConnell and others of helping big banks fend off needed regulation.

"By filibustering it — stopping it — we leave the American public vulnerable once again to the kind of shenanigans that have occurred in large financial institutions," said Sen. Christopher Dodd (D-Conn.), chairman of the Senate Finance Committee.

Dodd said he's expecting the package will be on the Senate floor tomorrow or Thursday. He added he's still open to GOP ideas, but "the talking is almost over, and now we need to move."

White House press secretary Robert Gibbs said Obama wants to "remind Americans what is at stake" if the rules of the road on Wall Street remain unchanged.

In his weekly radio and Internet address, Obama said, "Every day we don't act, the same system that led to bailouts remains in place, with the exact same loopholes and the exact same liabilities. And if we don't change what led to the crisis, we'll doom ourselves to repeat it."

But Republicans contend the plan would encourage big Wall Street banks to expect another bailout by establishing a fund to help unwind any that fail. THE ASSOCIATED PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Climbing markets fail to soothe investors

Investing

The North American markets continue their ascent with seemingly minimal resistance. Last week, the major New York indices reached what many feel are new milestones on their way to getting back to previous highs.

This is great news for investors' confidence and their portfolios. However, with all North American indices firing on all cylinders, why is this advance still being called, by many, "the rally that investors don't believe in?"

As the market continues to make its gains, more and more investors are participating. However, if they feel there are any signs of bad news ahead, investors run for the exits. Investors, for whatever reason, are still fearful. Perhaps it is because we just went through the worst recession in 80 years or maybe it is because we are in the midst of the best and fastest recovery in the post-war era, I'm not sure. However, whatever the reason, investors seem to run first and ask questions later when times get tough.

"Negative news like the Goldman news, at times, can afford individuals the opportunity to enter the market at better price points."

Last week, when the Goldman Sachs fraud accusation was announced, the market sold off quickly. All U.S. and Canadian bank stock prices dropped on the announcement. This can be justified as Goldman Sachs is a financial company and thus many correctly or incorrectly can tie other financial companies to how Goldman Sachs makes its money. However, why would investors sell off construction companies, engineering firms, tech companies or other non-related sectors? In my opinion, the selling in these other sectors does not make sense and only affords the savvy investor the opportunity to profit from it. Warren Buffett said it best, "be fearful when those are greedy and greedy when those are fearful." Pullbacks will happen during any bull run. Investors need to be positioned to take advantage of it. Therefore, if you are an investor looking for growth opportunities, you want to wait for good entry points to enter the market. Negative news like the Goldman news, at times, can afford individuals the opportunity to enter the market at better price points. It is not something that is easy to do. You need to have the right risk tolerance and patience. However, if you can muster up the courage to take advantage of the pullbacks in this market due to some sort of widespread fear, I believe being a contrarian can have big rewards in the future.

RICHARD DREW/THE ASSOCIATED PRESS

Traders gather yesterday at the post that trades Goldman Sachs on the floor of the New York Stock Exchange.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

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Fast facts about green funding

If you own a small to medium-size industrial facility and you're thinking about a retrofit project to save energy, check out the incentives available through Natural Resources Canada's ecoENERGY Retrofit Incentive for Industry program.

- The program helps facilities that qualify implement energy-saving projects by providing funding of up to $50,000 per application and $250,000 per corporation.
- The funding can be stacked with other provincial or utility incentives.
- Many of the more popular projects to apply for are heating and lighting retrofits as well as equipment that helps reduce energy consumption.
- So far, more than 300 companies have qualified to receive funding under the program, representing more than $14 million in annual energy savings.

The savings are equivalent to the energy consumed by approximately 9,000 Canadian households.

"We got funding through CIPEC to switch from metal halide to T8 fluorescent lighting. We expect to save $200,000 within two years," says Mike Auffrey, director of operations, Master Packaging, Dieppe, N.B.

NEWS CANADA

Your Money

Hidden costs in buying a home

AlisonOnMoney

Something about birds chirping and buds bursting sends us out shelter shopping. Whether you are a new homebuyer, a move-up buyer or downsizing, it's important to consider the costs of a house purchase that go beyond the selling price.

Downsizers, surprisingly, often make miscalculations when buying a home because many have been in their abode for a long time and, well, things have changed since you bought back in the 1970s.

Here are some standard costs to consider before you make your first offer.

1 Mortgage payment: Know the range of possibilities for varying amortizations, payment schedules (monthly, bi-monthly, weekly) and types and terms of mortgages.

2 Mortgage insurance: With less than 20 per cent down payment you may need mortgage insurance. This can add a one-time cost of up to 2.75 per cent of your mortgage, usually added to the principal.

3 Home inspection: A must for re-sale homes. (Average, $500).

4 Survey (certificate of location): If there isn't an up-to-date one available, plan on spending from $750 to $1,500.

5 Legal costs and disbursements: Depending on the province, they range from $1,500 to $2,500. Ask your lawyer for a detailed estimate. Optional title insurance, which covers survey issues and undischarged mortgages relating to previous owners, is becoming increasingly common ($250).

ALISON'S MONEY RULE
Spring is home buying fever time. Don't be surprised by hidden costs. Know in advance the extra expenses you might face.

There may be interest adjustments ($100 to $1,000) to cover any gap between closing date and first mortgage payment.

6 Property appraisal: This may be required by your lender. Some lenders include this as part of your banking package. (Otherwise, $150 to $200).

7 Vendor reimbursements: If the vendor has paid in advance for things such as taxes and fuel you will have to reimburse the vendor for the period from closing to year end.

8 Land transfer tax: Loathed by homebuyers, this may be levied in your area but there could be reductions for first-time or senior buyers.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Transferring undeducted RRSPs will have tax consequences

MoneyMatters

Q This October, my father turns 69 and my mother 65. Is this the last year for his RRSP contribution and can he transfer excess contributions to his TFSA?

— Gianni

A The year your father turns 71 is the final year he can make a Registered Retirement Savings Plan (RRSP) contribution to his own fund. However, he may continue to contribute to a spousal RRSP with your mom as the annuitant, and claim a deduction until she turns 71.

Undeducted RRSP contributions in excess of the allowable $2,000 should either be deducted or withdrawn to avoid penalties by Canada Revenue Agency.

Undeducted RRSPs cannot be transferred to a Tax-Free Savings Account without tax consequences. You should consult your financial/tax adviser before any transfers.

Q My partner and I have a small catering business. It is not a corporation. Is the income earned in the partnership for 2009 taxable for that year or can we defer this income? — Sadi

A Businesses are generally operated as non-incorporated (sole proprietorship, partnership) or incorporated. A corporation is a separate entity from the individual and may have varying year-ends. Individuals do not have to report income from the corporation unless they receive funds from the corporation, such as salary, bonus or dividends. On the other hand, a non-incorporated entity must report its income on a calendar year basis — January to December. Therefore, you and your partner must report for 2009.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

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PART 3 OF A 3-PART SERIES

Savings can save the day

Few things say "reassurance" like money in the bank.

Maria Contreras
RBC Royal Bank Product Manager, Savings Accounts

While it's good to have a savings goal, the aim of a savings account doesn't begin and end with achieving that goal. Savings in the long term is simply common sense. After all, life is full of surprises. And those surprises can be expensive.

A solid savings account can be your cushion against the unexpected, and a welcome refuge in an emergency. Suppose you run into unforeseen car or home repairs or, worse, find yourself unemployed? Having a "savings buffer" can get you past this momentary bump, without relying on alternatives that could create future debt or costs such as interest fees.

A good rule of thumb is to have three to six months' living expenses set aside – in a worst case scenario of job loss. That may seem daunting, but remember: This is a "slow and steady" proposition, so keep your expectations realistic. Start small, so you won't give up right away. After examining your budget and determining how much you can save (and where you can trim spending), set aside an affordable amount from every paycheque – $25 a week, for example. After a while, you won't even miss that extra "disposable" money.

Perhaps the most important thing to look for when opening up a savings account is access to your money. It's called an "emergency fund" for a reason – you'll want your entire balance available to you 24/7, without minimum balance requirements or withdrawal penalties.

Saving for the "unexpected" doesn't only apply to emergencies. Think of the out-of-the-ordinary circumstances that can catch you off-guard: car or home repairs, the need to replace a computer or appliance, etc. Money in the bank means you're prepared no matter what.

Starting and maintaining a savings regimen is as easy as it is smart. These four simple tips can send you on your way:

Know your budget. Keep track of how much is coming in, and how much is going out, every month. Look for ways to save – by cutting down on takeout lunches, for example.

Set yourself a savings goal. Know what you want, and when. Make it tangible and achievable – a trip down south in 12 months, for example.

Pay yourself first. Schedule automatic, online deposits from your chequing account to your savings account. With "memorized" weekly or bi-weekly transfers, setting aside savings is done for you!

Keep committed. Impulse buys and instant gratification feel good, but stay strong! Willpower can be so much more rewarding in the long run.

THE 3-MONTH RULE IN 3 EASY STEPS

1. Start small. Building your buffer will take time, but even $1,000 in the bank is a great motivator.
2. Treat it as a bill. Make it non-negotiable, just like your monthly hydro, gas or cable bills.
3. Determine exactly how much you need to save with the Emergency Fund Calculator at rbc.com/tipsandtools

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Gagne retiring from baseball

Unable to catch on with a major league baseball club, Quebec pitcher and former NL Cy Young winner Eric Gagne is calling it a career at age 34. Gagne told Ruefrontenac.com in an interview that he no longer had it in him to fight for a major league job after being cut by the Los Angeles Dodgers during spring training. THE CANADIAN PRESS

Sports

Hood no good: MLB

Baseball's fashion police have raided Joe Maddon's hood. The Tampa Bay Rays manager has been told by Major League Baseball that he can no longer wear his favourite hoodie. Maddon, left, likes to put on the pullover during cold days at the ballpark, but MLB said it's not approved for use during games. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

MARK DUNCAN/THE ASSOCIATED PRESS

Cleveland's LeBron James watches his shot in the first quarter of Game 2 against Chicago yesterday, during the first round of the NBA playoffs in Cleveland.

LeBron scores 40 in Cavs win

(Cleveland leads series 2-0)

Bulls 102 **Cavaliers** 112

CHICAGO BULLS vs CAVALIERS

NBA LeBron James scored 40 points and took over in the fourth quarter as the Cleveland Cavaliers, fuelled by a rabid home crowd that booed every move by Chicago's Joakim Noah, beat the Bulls 112-102 last night.

The Cavaliers maintained home-court, taking a 2-0 lead in the Eastern Conference playoffs.

James added eight rebounds and eight assists for the Cavs, who led 96-93 with 4:30 left before the league's soon-to-be-two-time MVP decided to dominate. James dropped a three-pointer that he capped with a quick dance move and wink toward Chicago's bench, made two free throws, a layup and two jumpers, scoring 11 straight as Cleveland opened a 107-98 lead with 1:36 left.

Noah, who criticized Cleveland's lack of downtown activity, scored 25 points.

Game 3 is Thursday night in Chicago.

THE ASSOCIATED PRESS

Caps take series lead

Four goals in second period send Canadiens to defeat

(Washington leads 2-1)

Canadiens 1 **Capitals** 5

CANADIENS vs CAPITALS

The Washington Capitals chased Jaroslav Halak with a four-goal second period and rocked the Montreal Canadiens with a 5-1 victory last night to take the lead in their NHL Eastern Conference quarter-final.

The Capitals hold a 2-1 edge in the best-of-seven series heading into Game 4 tomorrow night at the Bell Centre.

The first goal was the turning point as Boyd Gordon scored short handed 1:06 into the second period. The goal came after Canadiens defenceman Jaroslav Spacek accidentally backed into Halak and knocked him down while trying to stop a two-on-one break.

Brooks Laich and Eric Fehr then scored as the Caps got three in a six-shot span on Halak, who was pulled in favour of Carey Price at 8:33 of the second. Halak faced only 13 shots.

Alex Ovechkin made it 4-0 and Matt Bradley added a late goal against Price, who faced 23 shots.

Tomas Plekanec scored on a power play in the third period for Montreal, which fired 27 at Semyon Varlamov.

The Canadiens outplayed Washington in the first period and had the sellout crowd of 21,273 singing "Ole Ole." But the Capitals showed why they had the NHL's best regular-season record in the second, silencing the Habs with a display of their league-best attack at its deadliest.

The win followed Washington's 6-5 comeback win in overtime in Game 2, after which Ovechkin said Halak appeared to be rattled. While the Slovak goaltender came back with a strong opening period yesterday, he appeared to lose focus after allowing the first goal.

From the end of the second period of Game 2 to the middle frame of Game 3, Halak allowed eight goals on 30 shots.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

Washington Capitals Alex Ovechkin celebrates with teammate Mike Knuble after scoring the fourth goal against the Montreal Canadiens last night. Washington won 5-1.

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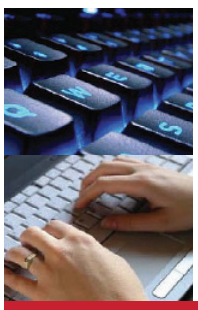

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Sports in brief

NCAA Duke's Kyle Singler, the Most Outstanding Player of the Final Four, announced last night that he will return to school for his senior season. Singler said in a statement released that he was looking forward to one more year in college. THE ASSOCIATED PRESS

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Vikings re-sign backup QB

NFL The Minnesota Vikings re-signed backup quarterback Tarvaris Jackson yesterday as they wait for Brett Favre to decide if he will return for another season.

Jackson was a restricted free agent who was given a one-year tender worth $1.176 million US.

He served in a backup role to Favre last season and appeared in eight games. The fifth-year team veteran has 19 career starts with 21 career touchdowns passes. He also has four rushing touchdowns.

A second-round pick out of Alabama State in 2006, Jackson became the Vikings' first-string quarterback in 2007. He started all 12 games in which he appeared, missing the other four with a variety of injuries: strained groin, broken finger and a concussion.

THE ASSOCIATED PRESS

New record at Boston Marathon
Kenya's Robert Kiprono Cheruiyot won the 114th Boston Marathon yesterday, breaking the course record with a time of two hours five minutes 52 seconds. That was 82 seconds faster than the record set in 2006 by four-time winner Robert Kipkoech Cheruiyot, who's not related. THE ASSOCIATED PRESS

ELISE AMENDOLA/THE ASSOCIATED PRESS

Bruins defenceman Zdeno Chara, left, celebrates with goaltender Tuukka Rask after Boston's 2-1 victory over the Buffalo Sabres in Game 3 of their first-round playoff series in Boston yesterday.

Bruins edge Sabres to take series lead

(Boston leads 2-1)

Bruins 2 Sabres 1

Patrice Bergeron scored the go-ahead goal with just over six minutes left to give the Boston Bruins a 2-1 win last night and a 2-1 lead over the Buffalo Sabres in their Eastern Conference playoff series.

Mark Recchi bumped Tim Kennedy off the puck in the right corner behind the Buffalo net and fed it to Bergeron, whose quick shot from the right circle beat Ryan Miller.

The sixth-seeded Bruins are home again for Game 4 on Wednesday night.

Mike Grier had given third-seeded Buffalo a 1-0 lead at 6:57 of the first period before Dennis Wideman tied the game less than nine minutes later.

Miller, the starting goalie for the United States silver-medal team at the Winter Olympics, preserved the tie at 3:12 of the third period with a sprawling glove save on a shot by Michael Ryder from the lower edge of the left circle.

The Sabres couldn't make up for the loss of Thomas Vanek, their top goal scorer.

He missed the game after leaving Game 2 on Saturday, a 5-3 win by the Bruins, in the first period with a lower body injury.

Vanek had trouble putting weight on his left foot then hobbled to the Sabres bench and fell to his knees as he tried to get through the gate.

The Bruins continued their resurgence at home with their third straight win. After beating Philadelphia 2-1 in the Winter Classic at Fenway Park on New Year's Day, they lost 10 straight games at TD Garden, their regular home.

Yesterday's game was well played with speedy skating by both teams and excellent defensive play by the forwards.

THE ASSOCIATED PRESS

Savard

- Marc Savard, the Bruins' top playmaker, skated yesterday morning for the first time since sustaining a Grade 2 concussion on March 7 on a blindside hit by Pittsburgh's Matt Cooke. He will be cleared to play if he passes a neuropsych test today but will have to get back in game shape, the club said.

Sports in brief

CONDUCT NFL commissioner Roger Goodell says Pittsburgh Steelers quarterback Ben Roethlisberger has violated the league's personal-conduct policy. The NFL is expected to discipline Roethlisberger, although it says there is no timetable for such a decision.

NFL The Philadelphia Eagles have dealt this year's fifth-round pick to Denver, which is sending tight end Tony Scheffler to the Detroit Lions, who will trade linebacker Ernie Sims to Philly. The Eagles announced the three-way deal in a statement yesterday, three days before the NFL draft.

BLUE JAYS Only 10,314 fans attended a series-opening game between the Toronto Blue Jays and the Kansas City Royals in Toronto last night, lower than the previous mark of 10,610, which the Blue Jays reached last week. That left an ocean of empty blue seats to take in a dominant performance from Toronto starter Brandon Morrow, who held Kansas City without a hit into the sixth inning, en route to an 8-1 win.

SOCCER Liverpool beat visiting West Ham 3-0 in yesterday's only Premier League match to stay in contention for European qualification. Goals from Yossi Benayoun and David Ngog plus an own-goal from West Ham goalkeeper Robert Green at Anfield lifted Liverpool into sixth place over Aston Villa, which has played one fewer match.

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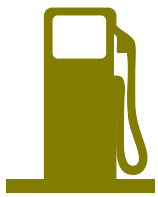

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Ex-boxing champ Valero kills himself in jail: Police

VENEZUELA Former boxing champion Edwin Valero, who had a spectacular career with 27 straight knockouts and flaunted a tattoo of President Hugo Chavez on his chest, hanged himself in his jail cell yesterday after being arrested for stabbing his wife to death, police said.

The former lightweight champion used the sweat pants he was wearing to hang himself from a bar in the cell, said his lawyer, Milda Mora.

Valero, 28, had problems with alcohol and cocaine addiction and struggled with depression. He had previously been suspected of assaulting his wife and was charged last month with harassing her and threatening personnel at a hospital where she was treated for injuries.

Valero's 24-year-old wife, Jennifer Carolina Viera, was found dead in a hotel room on Sunday, and police said the fighter emerged telling hotel security he had killed her.

Valero was found hanging in his cell early yesterday by another inmate, who alerted authorities in the police lockup in Carabobo state, Federal Police Chief Wilmer Flores told reporters.

THE ASSOCIATED PRESS

EDUARDO VERDUGO/THE ASSOCIATED PRESS

Edwin Valero is seen during a WBC lightweight title fight in Monterrey, Mexico.

Canada needs to stem flow of soccer talent

It's Called Football

Ben Rycroft

metronews.ca/itscalledfootball

It's been said before, but it bears repeating: Canada needs to do more to ensure other nations aren't scooping up its national team players.

Last Friday, the Canadian Soccer Association held a press conference to outline its plans for the rest of 2010. It announced five more friendlies this year, including a couple of high-profile matchups against Argentina and Honduras. Two of the five games will be played on Canadian soil.

To see an interview with national team coach Stephen Hart visit: metronews.ca

The CSA should be commended for its proactive approach in going out and landing these games, but a larger issue still looms.

Last year saw a low point for the Canadian game, as the "goalkeeper of the future," Asmir Begovic, walked away from the nation that raised him to be capped for Bosnia-Herzegovina, the nation that birthed him.

Canada had ample time to cap Begovic during the last World Cup qualifying campaign, but through mismanagement and FIFA rule changes, he was never permanently tied to the Maple Leaf.

Now Canada is faced with a similar situation in Teal Bunbury.

Bunbury, born in Hamilton to an American mother and former Canadian national team legend Alex Bunbury, was drafted fourth overall in the MLS SuperDraft and is widely regarded as a striker who could play a major part in Canada's national team program for years to come.

But word has it that the U.S. men's national team is suddenly short on depth and looking to shore up its future — that includes taking a hard look at young Bunbury, who scored his first MLS goal last week.

I spoke to Bunbury just hours after the CSA presser. He dismissed any notion U.S. team officials had approached him, but admitted he hadn't ruled out playing for the U.S.

He also said that Canadian national team head coach Stephen Hart had spoken to him earlier in the year.

"Right now I'm trying to work on my life as a professional in Kansas City and when opportunities arise with the national teams, I'll take care of them," Bunbury said.

Hart is taking the right steps to ensure this young talent doesn't go astray by keeping in contact with him and letting him know where he stands in the Canadian team's plans.

But Hart should take it a step further and eliminate any doubt — invite Bunbury to play in this year's friendlies, and then cap-tie him at next year's CONCACAF Gold Cup.

Hart's predecessor, Dale Mitchell, missed that opportunity with Begovic when he kept him on the bench throughout World Cup qualifying.

Canada can't afford to make the same mistake with Bunbury.

Watch Ben Rycroft on the It's Called Football show every Sunday at metronews.ca; ben.rycroft@metronews.ca.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Washington 5 Montreal 1
Boston 2 Buffalo 1
Los Angeles 5 Vancouver 3

TODAY'S GAMES
Phoenix at Detroit, 4:30 p.m.
Pittsburgh at Ottawa, 5 p.m.
New Jersey at Philadelphia, 5:30 p.m.
Chicago at Nashville, 7 p.m.
San Jose at Colorado, 8 p.m.

WEDNESDAY'S GAMES
Washington at Montreal, 5 p.m.
Buffalo at Boston, 5 p.m.
Vancouver at Los Angeles, 8 p.m.

NBA

YESTERDAY'S RESULTS
Cleveland 112 Chicago 102
Utah at Denver

TODAY'S GAMES
Milwaukee at Atlanta, 5 p.m.
Miami at Boston, 6 p.m.
Oklahoma City at L.A. Lakers, 8:30 p.m.
Portland at Phoenix, 8:30 p.m.

BASEBALL

YESTERDAY'S AL RESULTS
Toronto 8 Kansas City 1
Tampa Bay 8 Boston 2
L.A. Angels 2 Detroit 0
Seattle 8 Baltimore 2

YESTERDAY'S NL RESULTS
Washington 5 Colorado 2
N.Y. Mets 6 Chicago Cubs 1
St. Louis at Arizona
San Francisco at San Diego

TODAY'S AL GAMES
Kansas City at Toronto, 5:07 p.m.
Texas at Boston, 5:10 p.m.
Cleveland at Minnesota, 6:10 p.m.
Tampa Bay at Chicago White Sox, 6:10 p.m.
Detroit at L.A. Angels, 8:05 p.m.
N.Y. Yankees at Oakland, 8:05 p.m.
Baltimore at Seattle, 8:10 p.m.

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Oil aboard, everyone

The lowdown on botanical and essential oils

JANINE FALCON
for Metro Canada

Not all oils are created equally. Educate yourself on what's good for what before using them.

Part of our growing determination to take a more natural approach to beauty is a renewed interest in botanical (plant-based) oils.

"They're excellent moisturizers, nourishing for skin and hair," says Alana Decourt, aesthetician at Haven Spa in Sidney, B.C.

"Oils are the main ingredients in many leading skincare products, and have been used in body care for centuries."

Oils such as argan, olive, coconut, rosehip and sea buckthorn are rich in fatty acids (lipids) as well as other vitamins, proteins and minerals, which the skin needs to stay supple and healthy.

Essential oils, so named because they're considered the "essence" of the fragrant plant from which they're distilled, can also contribute to well-being via their aromatic properties. Lavender and peppermint are examples.

Decourt, whose intuitive touch has blissed-out the likes of Halle Berry and Jessica Biel, recommends using moisturizing oils after a bath and exfoliation.

Essential oils are ideal for diffusers, and can also be added to the bath. But before embarking on an intensive oil-up regimen, consult a trained aromatherapist, she cautions. Some oils are more potent than you might think.

"Risks can be as minor as triggering a breakout, or as serious as aggravating existing health conditions," explains Rose Husen, a registered massage therapist at Concepts Salon & Spa in Toronto.

In addition to researching how certain oils can affect certain conditions, such as hypoglycemia, high blood pressure or pregnancy, be aware that most oils should not be used undiluted.

"Direct contact with the skin can cause irritation and burn," she says.

"You need a carrier."

Unless you're sourcing oils from specialty stores, you'll find most oil-based beauty products are blended with skin-friendly carrier oils, such as sweet almond, grapeseed, avocado, olive, sesame, sunflower and jojoba. Cocoa butter and shea butter also serve as excellent carrier agents.

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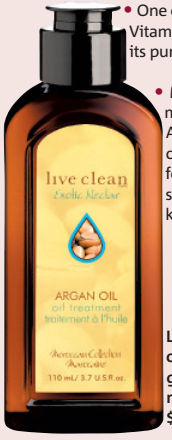
An argan aside

Detangling the facts on one of the most popular oils around



Live Clean Exotic Nectar Argan Oil Treatment (left) $11.99.

- One of the hottest oils right now is argan. High in Vitamin E and moisturizing lipids, it can be used in its pure form on skin and hair.
- Moroccanoil, however, a popular hair treatment, is sometimes confused with argan oil. Although it contains some argan, which does come from Morocco, the bulk of the serum's formula is actually silicone, which is key to detangling and glossing dry, unruly and brittle hair.

Live Clean Exotic Nectar Argan Oil hair treatment is a silicone-free blend of botanical ingredients that includes argan, grape seed and olive oils.

- Like Moroccanoil, despite its texture, it's a serum, not an oil. Unlike silicone products, which deliver immediate payoff, this one needs time to impart its benefits.

JANINE FALCON/FOR METRO CANADA

Moroccanoil Oil Treatment (right) $39, both at drugstores

Burt's Bees Vitamin E Body & Bath Oil, $9.99 at drugstores

Josie Maran Argan Oil, $58 at Sephora

JR Watkins Mango Body Oil, $7.99 at drugstores, jr-watkins.com

Dr. Hauschka Birch Arnica Body Oil for sore muscles, $22.95 at Sephora

Lancôme Nutrix Royal Body Dry Body Oil, $55 at department stores

Palmer's Cocoa Butter Formula Moisturizing Body Oil, $7.99 at drugstores

Weleda Sea Buckthorn Oil, $22.99 at well.ca

Yves Rocher Night Time Body Oil, $22, yves-rocher.ca

Nail news for a new season

JANINE FALCON
for Metro Canada

From trendy shades to no-soak manis to long-lasting pro finishes that require little or no drying time, nail adornment has become the new lipstick.

HUE, ONLY BETTER

When nail colour went to the dark side after forever of no-notice neutrals, nails gained new beauty footing and is showing no sign of backing down.

"Polish is that affordable luxury moms can pick up for a few bucks when they're shopping for their kids," says Ann Tall, vice-president of retail sales for drugstore brand Nicole by OPI.

"And a great colour gets compliments!"

A Spring hit is Make Mine Mint ($10.49), an unabashed bright green shimmer. Also expected to shine is the limited-edition Gossip Girl collection, due in August, which includes a shimmery green-tinged navy called Too Rich For You.

Nicole by OPI in Make Mine Lime, $10.49 at drugstores and Walmart

At the salon, taupey-grey is still strong with OPI's You Don't Know Jacques ($10.95) in the lead, says Leeanne Colley, owner of Tips Nail Bar & Spa in Toronto.

Also hot: Bright coral, such as China Glaze's Sneaker Head ($6.60), clear exuberant red, like OPI Red My Fortune Cookie, and orange à la Prada's Spring runway lip.

China Glaze Nail Lacquer in Sneaker Head, $6.60 at select salons

DRY RUN

A "dry" manicure isn't new — Colley's been doing them for about 15 years — but it's relatively uncommon. The concept is simple: a regular mani, but no finger soaking before polish.

"Soaking makes the nails expand," explains Colley.

By the time they revert to pre-waterlogged form, the polish is already on, dry, and, undermined by nail shrinkage, chip prone.

"A dry manicure, depending on the client, should give at least an additional two or three days."

PHOTO CREDIT: KIMMIE KYEES

Trendsetter Rihanna in Pink with Golden Moons Minx, by celeb manicurist Kimmie Kyees for the Rude Boy Video.

Minx is a different kind of dry. Adhesive film rather than polish, Minx requires a pro for precise application and a heat lamp to seal it to the nail in a zero drying-time finish.

"I have clients who got two weeks' wear," raves celeb makeup artist Andrea Claire (andreaclaire.onsugar.com), who recently Minxed up Hillary Scott of Lady Antebellum. Available in an array of nail looks from standard to outrageous — think multicolour, animal prints, lace and plaid — Minx is hot with celebs such as Katy Perry, Beyoncé, Lady Gaga and Rhianna. From $55; minxnails.com for salons.

YOU GELLIN'?

About a year ago gel nails got an update with OPI Axxium Soak-Off Gel Lacquer, a thinner, flexible alternative to standard gel and acrylic. Designed for natural nails, it's available clear and in an edited range of OPI shades.

Pre-gel nails need a bit of a rough surface-buff to improve adhesion, but the key, says skilled esthetician Rita Remark, is a light touch. Each coat — base, two of colour and one top — requires a few minutes under a UV lamp to cure the gel.

After the last step, nails are completely dry with a no-chip durable finish that lasts "as long as three manicures," says Remark, also of Tips, where the service starts at $50. Removal requires a 30-minute soak-off salon visit.

New in salons this May from Creative Nail Design is a polish/gel hybrid called Shellac, which promises to last two weeks.

Like Axxium, it requires UV light to cure the polish and dries in minutes. Removal is down to about 10 minutes, with acetone. Expect cost to be comparable to Minx and Axxium.

Hot little pinkies

OPI Nail Lacquer in A Good Man-darin is Hard to Find, $10.49 at salons

Essie nail polish in Chinchilly, $10.50 at salons

PHOTOS PROVIDED

Clarins Glossy Nail Colour in Red, $19 at department stores

L'Oréal Paris Pro Manicure in Mango, $5.95 at drugstores

Sally Hansen Complete Salon Manicure in Commander in Chic, $7.95 at drugstores

Finding the balance between macho and maintenance

The J Spot

metronews.ca/thejspot

My guy's not really the spa type. I just can't see him getting excited about a "Pumpkin Peel" or a "Contouring Body Wrap," but treatments like these available specifically for men at Vancouver's Absolute Spas are becoming more and more popular.

The sexy Burt Reynolds chest rug of the '70s is long gone. With the rise of the Metrosexual in the '90s and the more recent trend of "manscaping," seems men are getting massaged, waxed, polished and, well quite frankly, acting like a bunch of girls.

Men now make up nearly a third of all spa-goers, according to the International Spa Association, which oddly seems to only carry stats on U.S. spas. The Canadian Spa Association didn't have stats but one can assume more and more Canadian guys are also getting massaged, waxed and polished.

Personally, I'm quietly impressed by a guy who's confident enough in his masculinity to have his dry skin buffed by microbeads of volcanic pumice as they do in the Defense Zone Facial for Men at The Camelback Inn in Arizona.

And frankly, women have long known that you have to be tough as well-manicured nails to endure a genital waxing.

While there seems to be some concern that all this primping and pampering is threatening more traditional notions of masculinity — real men are hairy, smell like horses, and don't fuss over their looks — I think it's about time.

Given the work women have been putting into their appearances for ages, it only seems fair that guys at least worry a little bit about, oh, I don't know, their back hair.

Still, there's a fine line, it seems, between maintenance and high-maintenance when it comes to male grooming.

As my cousin's daughter, Angela Vogels put it: "It's nice if men put some effort into their appearance but high maintenance men are a turn-off. I like to be the prettiest one in the relationship."

That fine line is emphasized by the fact that most spas clearly try to make the experience as "ungirly" as possible. The Men's Zone Spa at Caesar's Palace in Las Vegas features a big screen TV so guys can get pampered while watching the game.

The popularity of the brilliant Old Spice campaign launched recently is the perfect example of this new masculinity. Today's man is manly enough to ride a horse backwards or sail a yacht but sensitive enough to buy us diamonds and offer us two tickets to that thing you love.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Jack Daniel's quick cocktails

Jack Daniel's introduces new ready-to-drink cocktails this month. They will be available in four-packs of 355ml cans ($10.95 each) and will be offered in three varieties: Jack & Cola, Jack & Lemonade and Jack & Iced Tea. METRO NEWS SERVICES

Food

Add fruit to your dinner plate

If you found it hard to get the five daily servings of produce you've been told for years you need, you'll probably find it even harder to get the seven to 10 servings recommended by Canada's Food Guide. But adding a fruit chutney or compote to your dinner plate — rather than just over a dessert — can help nudge you along. Chutneys and compotes are both good choices, especially between seasons when fruits aren't necessarily at their best. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A fresh blend of seafood

Mediterranean Seafood Stew

SERVES 6

INGREDIENTS:

- 1 medium onion, finely chopped
- 1 1/2 tsp minced garlic, divided
- 1 Tbsp olive oil
- 250 g plum tomatoes, seeded and diced
- 1 tsp grated lemon peel
- 1/4 tsp crushed red pepper flakes
- 1 cup clam juice
- 1/3 cup white wine
- 1 Tbsp tomato paste
- 1/2 tsp salt
- 500 g red snapper fillets, cubed
- 500 g uncooked large shrimp, peeled and deveined
- 250 g sea scallops
- 1/3 cup minced fresh parsley
- 1/3 cup light mayonnaise

METHOD:

1. In Dutch oven, sauté onion and 1/2 tsp garlic in oil until tender. Add tomatoes, lemon peel and pepper flakes; cook and stir 2 minutes.

2. Add clam juice and wine, tomato paste and salt. Bring to boil. Reduce heat; cover and simmer 10 minutes or until heated through.

3. Add fish, shrimp, scallops and parsley. Cover and cook 8-10 minutes or until fish flakes easily with fork, shrimp turn pink and scallops are opaque. Combine mayonnaise and remaining garlic; dollop onto each serving.

Mediterranean Seafood Stew.

Corn Salsa Tostadas.

Pineapple Buttermilk Sorbet.

Corn Salsa Tostadas

YIELDS THREE DOZEN

INGREDIENTS:

- 3 flour tortillas
- 3/4 cup light sour cream
- 3 tsp minced cilantro, divided
- 2 scallions, finely chopped
- 1/4 tsp garlic powder
- 3/4 cup fresh or frozen corn, thawed
- 1 plum tomato, diced
- 1 Tbsp chopped jalapeno pepper
- 2 Tbsp orange juice
- 1 tsp canola oil
- 1/2 tsp salt

METHOD

1. Using 2-in. round cookie cutter, cut 12 circles from each tortilla. Coat both sides of circles with nonstick cooking spray. Place in single layer on baking sheet. Bake at 400°F (200°C) 4-5 minutes or until crisp. Cool.

2. In small bowl, combine sour cream, 1 tsp cilantro, onions and garlic powder; cover and refrigerate. In another bowl, combine corn, tomato, jalapeno, orange juice, oil, salt and remaining cilantro; cover and refrigerate.

3. Just before serving, spread 1 tsp sour cream mixture over each tostada. Using slotted spoon, top each with teaspoonful of corn salsa.

Pineapple Buttermilk Sorbet

SERVES 10

INGREDIENTS:

- 2 cups 1% buttermilk
- 540-ml can unsweetened crushed pineapple, undrained
- 3/4 cup sugar

METHOD

1. In bowl, combine all ingredients; stir until sugar is dissolved. Pour into 9-in. square dish. Cover and freeze 1 to 1 1/2 hours or until mixture begins to harden.

2. Stir; freeze 3-4 hours longer or until firm, stirring occasionally. Remove from freezer 20-25 minutes before serving.

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rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Grill-friendly

Though my barbecue sits out on my back deck all year long it really only sees action in the spring and summer. Not so on my neighbour's porch. The blizzard of the century could be hitting town and he'd still be out there grilling breakfast, lunch and dinner.

I take my barbecuing cue (pun intended) from the yearly time changes. But even though she's been on active duty for a few weeks, I still haven't done much more than flip a few burgers.

Wine wise there's nothing wrong with that. Simple grilled meats work well with any number of liquid partners and hamburgers (even loaded with eclectically flavoured condiments) call for easy-to-drink, straightforward wines with a slant towards the red side.

In the decade of the 00s the go-to burger wine was the Yellow Tail Shiraz ($11.95 - $12.99) from Australia's Casella Wines. The current 2008 is in line with previous vintages; offering bright, jammy berry fruit flavours and a subtle smokiness.

This decade Argentina's **Zuccardi Fuzion Shiraz Malbec** ($7.45 - $9.99) is hot on [yellow tail]'s tail with its bargain basement price and dark and spicy profile. The just released 2009 vintage is as laid-back and grill-friendly as the 2008.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

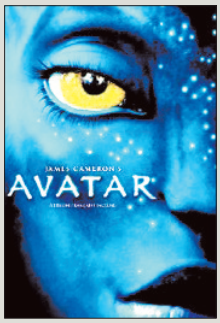
Skarsgaard restrained by police, report says
True Blood star Alexander Skarsgaard was allegedly restrained by police Saturday at the Coachella Music Festival. Pacific Coast News reports the actor was photographed being held back by a police officer, fists clenched, after he became angered by a paparazzo. USMAGAZINE.COM

Entertainment

Family ties
Gwyneth Paltrow will no longer be playing Nicole Kidman's wife in The Danish Girl after deciding she would rather spend more time with her family, the actress tells Harper's Bazaar. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks



Avatar
Director: James Cameron

WOULDN'T YOU THINK that the DVD release of Avatar, The Movie That Changed The Face Of Cinema™, would be an occasion to bang the drums, blow the trumpets and give critics an advance look at the product?

Not according to director James Cameron and Jon Landau, who have opted to go the no-peeking route in advance of Thursday's home video rollout of their multi-billion-dollar baby.

It might be, if you dampen expectations considerably. The regular DVD and Blu-ray packages will both be missing the 3-D experience that made Avatar the most successful movie in history.

Cameron hasn't reinvented the wheel or found a new way to butter popcorn with his epic space fantasy. What he has done is successfully made a digital blockbuster feel as warm as an old-time movie, where blood temperature was more important than pixels. He's created an alien world called Pandora that seems completely real, although it's lit like a fluorescent painting and populated by seminaked blue aliens called Na'vi, who stand 10 feet tall and wave long tails.

Cameron may have spent too much time on the look of the film, and not enough on the story, though he claims to have been writing it since 1994. This saga of a so-called civilized man joining a not-so-primitive tribe is hardly original. Narrative beefs aside, Cameron stands second to none in his drawing of heroes (and heroines) and villains, and he's a dab hand at placing romance within catastrophe.

Peter Howell/for Metro Canada

Plants and Animals amp it up

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Attention Plants and Animals fans: The band would like to declare that the genre they now fit into is BBQ rock.

It's anyone's guess what that is, but one thing's for sure: it's as meaningless as that other tag they've lived with over the last couple of years — jam band.

I've never quite been able to figure out why they were slapped with the jam rock title, and neither have they.

"We didn't understand how that happened," says guitarist and vocalist Warren Spicer. "We don't really jam out that much."

It probably started after someone saw the Montreal-based band's live show, where they often jam out on Guru, a nearly seven-minute track off the group's Polaris-nominated debut Parc Avenue. The title hasn't hurt the group, says Spicer; if anything, it introduced them to an audience they otherwise wouldn't have reached. Those fans may be bit disappointed then to find the new record, La La Land, is a heavier affair. They employ plenty of electric guitar and move from alt-rock on American Idol (which includes a hilarious sax solo) to light soulful sounds on Kon Tiki.

Besides more distortion, the new record doesn't shift styles in a major way, though Spicer does admit spending two years on the road with his bandmates — drummer Matthew Woodley and bassist/keyboardist Nicolas Basque — did have an effect on their sound.

Plants and Animals' La La Land is out today.

"When we did the first record we were all working day jobs and trying to figure out how to record," he says.

"When we toured we played the songs a lot more electric." Spicer says. "I got geeked out and started getting into pedal."

There's no doubt that this album is better. They've ditched their Radiohead-like atmospherics, African drums and most of the airy sounds, but kept the lush harmonies and upbeat rock that is best illustrated on Parc Avenue's Bye Bye Bye.

It's not all great, however. Opener Tom Cruz is sluggish and weighed down in a layer of guitars, keys and brooding vocals. But the single The Mama Papa is an excellent and uplifting radio-friendly rock track that may very well push these guys into the mainstream.

In any case, Plants and Animals are moving in the right direction. If they need to do anything, it's learn how to answer questions about weird titles. But this time it's not a genre, but the song Tom Cruz.

"We could have changed it to avoid being asked that," says Spicer with a laugh. "It doesn't mean anything. We were just so psyched to be in the studio that we were drinking rum and Cokes and jumping around like Tom Cruise."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
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news	502 390 15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		fifth estate
	- 370 16 KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser A contestant gets devastating news.				Parenthood (N)
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family	552 543 20 YTV	iCarly	To Be Indie	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
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	603 561 25 FOOD	Chef Abroad	Chef Abroad	Chefs vs. City "Chicago"		Restaurant Makeover		Diner, Drive-In	Unwrapped	Dinner Imposs.
	615 520 26 A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami (HDTV)		(10:01) Criminal Minds		Criminal Minds
	617 522 32 SHOW	Trailer Park	Trailer Park	Relic Hunter		Tell Me No Lies (2007, Suspense) Kelly Rutherford.				Californication
	601 562 33 SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Real Housewives, Orange		Housewives
	- 633 34 ENC2	(7:10) Winter Stories ★★ (1999, Drama), Denis Bouchard				The Color Purple ★★★ (1985, Drama) Whoopi Goldberg, Danny Glover.				
cable variety	520 505 35 DISC	Destroyed	Destroyed	Deadliest Catch "Slow Burn"		Daily Planet		Destroyed	Destroyed	Deadly Catch
	620 523 36 BRAVO	Bryan Ferry Dylanesque		Spectacle: Elvis		Law & Order		Without a Trace		Grass
	294 650 40 WPCH	MLB Baseball		Seinfeld	Name Is Earl	Law & Order: SVU		Family Guy	Family Guy	My Fellow Amr
	626 547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords
	- 539 42 TCM	(6) Quo Vadis? ★★★ (1951, Historical Drama)				Ivanhoe ★★★ (1952, Adventure) Robert Taylor.				Knights-Round
	628 584 43 SPIKE	(6:30) Deadliest Warrior (N)		Deadliest Warrior (HDTV) (N)		Deadliest Warrior (HDTV)		DEA Capturing a dope dealer.		CSI: Crime Scn
	522 516 45 HIST	Ancients Behaving Badly		Aftermath (HDTV)		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus
	627 528 46 SPACE	Medium (HDTV)		Fringe "White Tulip" (N)		InnerSpace	Stargate SG-1		Star Trek: Next Gener.	
	- - 47 AMC	(6) Top Gun ★★★ (1986, Adventure)			Space Cowboys ★★★ (2000, Adventure) (HDTV) Clint Eastwood, Tommy Lee Jones.					
	619 525 49 TROP	End of Leash	Last 10	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash
	600 564 50 HGTV	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes on Homes		Sarah's House	Genevieve	Outdoor Room
	501 391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504 508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526 507 92 VIVA	Medium		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing
	269 350 93 APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	Rez Rides	MYTV (N)	Moccasin Flats
	- - 94 MCP	World News	News	My Queen	Immortal Yi, So	Il Caffe		In Germany	Euromaxx	Schauplatz
	571 581 100 MMM	mmtop10.ca		Hammertime	Gimme Sugar	Family Jewels	Wild 'n Out	Hammertime	Gimme Sugar	Family Jewels
	570 580 101 MM	disBAND	Muchmusic Countdown			UR11		Gossip Girl (HDTV)		Love Court
	581 566 102 MTV	16 and Pregnant "Lizzie"		16 and Pregnant (N)		16 and Pregnant Host Dr. Drew Pinsky.			My Life as Liz	16-Pregnant
	- - 116 TV5	Les Invincibles (SC)		ADN: Accel.	Nouva	TV5 Le Journal	(9:35) La Grande Librairie		Trois familles, un Brésil	

critics' corner

Deadliest Catch
Fans of Phil Harris, the captain of the F/V Cornelia Marie who died in February, can have the bittersweet experience of watching Harris still very much in his element as season six premieres. "Slow Burn" finds tensions running high as the 2009 king crab season begins — and someone ultimately crosses a line when the captains gather for their annual meeting. 8 PM on DISC

Parenthood
Amber's ex-boyfriend, Damien, arrives from Fresno, putting the family on high alert. Zeek takes Adam (Peter Krause) on a road trip for father-son bonding and a little investment advice. Julia and Joel fear that Sydney may have Asperger's. Dax Shepard and Bonnie Bedelia also star in the new episode "Rubber Band Ball." 8 PM on CKAL; 11 PM on KHQ

NCIS: Los Angeles
The murder of a recently released convict forces Callen (Chris O'Donnell) to go undercover using an old alias, while Sam (LL Cool J) and the team track him from a distance. Linda Hunt, Peter Cambor and Daniela Ruah also star in "Past Lives." 10 PM on KREM

New Borat baby in production: Report

Newlyweds Isla Fisher and Sacha Baron Cohen appear to be expecting a second child, as Fisher stepped out recently in L.A. with a very noticeable baby bump, according to Popsugar. METRO NEWS SERVICES

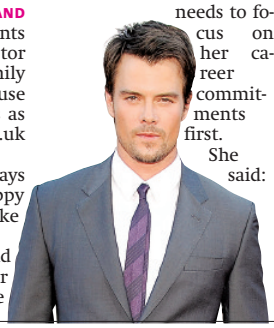
Celebrity Buzz

Duhamel wants seven kids

HAPPY, SLEEPY, DOPEY, STRIPPER, PUBLIC APOLOGY, CAREER REHABILITATION AND DOC Josh Duhamel wants seven children. The actor can't wait to start a family with wife Fergie because he wants as many kids as possible, femalefirst.co.uk reports.

He said: "I have always loved kids. I am happy with one, but I will take seven."

While the 35-year-old Black Eyed Peas singer also wants children, she has told her husband he must wait because she needs to focus on her career commitments first. She said: "Sometime definitely in the future, yes. After the tour, because I can't be jumping around with those other boys if I am."



Duhamel, 37, has also revealed the pair have discussed adopting a disadvantaged youngster.

He told America's OK! magazine: "I would love to adopt, especially the more you learn about the kids that are out there that need parents. I am a supporter of adoption."

METRO NEWS SERVICES

Cibrian heckled at awards show

JESSE JAMES: WELCOME TO YOUR FUTURE, PART I Eddie Cibrian and LeAnn Rimes laughed their way through the orange carpet at Sunday's Academy of Country Music Awards. But it was hardly a laughing matter when he hit the stage, usmagazine.com reports.

When Cibrian, 36, presented an award to Lady Antebellum, people in the press room yelled, "Cheater."

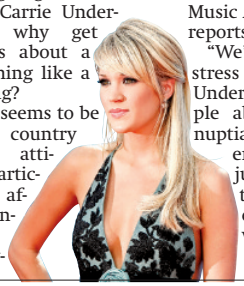
A year ago, Us Weekly broke the news that Rimes, 27, and Cibrian had an affair while shooting a Lifetime movie. A short time later, they announced that their respective marriages — hers to Dean Sheremet; his to Brandi Glanville — were over.

METRO NEWS SERVICES

Underwood has 'no stress' about wedding details

BESIDES, THOSE ARE THE THINGS US WEEKLY TAKES CARE OF With love, life and career going so wonderfully for Carrie Underwood, why get anxious about a little thing like a wedding?

That seems to be the country star's attitude, particularly after winning the coveted entertainer of the year prize for the second straight year at Sunday's 45th Academy of Country Music Awards, people.com reports.



"We're not people who stress about anything," Underwood, 27, told People about planning her nuptials with hockey player Mike Fisher. "We just focus on a few of the main things, and everything is like, whatever."

METRO NEWS SERVICES

Madonna raves about all-Madonna Glee episode

SHE THOUGHT THE MUSIC WAS GREAT While she previously said she'd never heard of the show, Madonna has reportedly seen the episode of Glee devoted to her music — and she's impressed.

"I thought the Madonna episode of Glee was brilliant on every level," she tells Us Weekly. "The dialogue and the entire script was genius. I completely appreciated the layers of irony, especially when all those macho boys sang What It Feels Like For A Girl."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

PINK is trying to avoid chores, **ADAM LAMBERT** is setting the record straight, **ELIZA DUSHKU** is experiencing new things, and **JUSTIN BIEBER** is hoping he doesn't get stranded.

@Pink Does anyone wanna unpack my bus for me? Ill give you 5 dollars.

@adamlambert Not playing Angel in RENT. :) rumors....

@elizadushku I slept with termites last night. For realz. Some dead, some alive & crawling. Major growth, folks.

@justinbieber this is crazy. the cloud from the volcano in iceland is almost here and they are canceling all the flights...everyone is trying to leave

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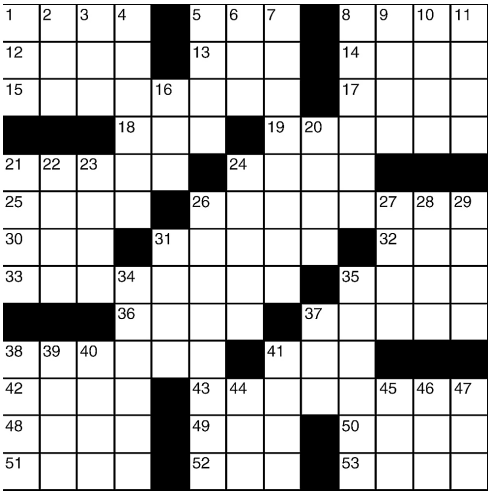
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9		8			4	2	
5				6		1		9
6				3				
	8	9			6		7	
				2				
	3		9			6	1	
				8				5
2		5		9				1
	4	7			2		6	

ACROSS

1 Actor Pitt
5 Pro
8 Stereo counterpart
12 Tittle
13 Citrus beverage
14 First victim
15 Maryland city
17 Highway
18 Allow
19 Librarians' devices
21 Escargot
24"Goldberg Variations" composer
25 Hemingway sobriquet
26 "Sesame Street" lesson
30 Donkey
31George Harrison's "Isn't It —"
32 Listener
33 Icy desserts
35 British art museum
36 Germany's — Mountains
37 Drunkard
38 Elk
41 Resistance measure
42 Privy to
43 People of Lhasa
48 Showroom sample
49 Anger
50 Medley
51 Rams fans?
52 Wray of "King Kong"
53 Vegan's no-no

DOWN

1 Lobster eater's need
2 Fish eggs
3 Lawyer (Abbr.)
4 Pale violet
5 Quick
6 Peculiar
7 Does some more tweaking
8 First First Lady
9 Reed instrument
10 Approach
11Automaker Ransom Eli —
16 Moray, for one
20 Sore
21 Hot tubs
22 Poet Ogden
23 Church section
24Sudden overwhelming bombardment
26 Preprandial potation
27 Actor Bridges
28 Dines on
29 Genealogy chart
31 As blind as —
34 Horned jungle beasts
35 War dance accompaniment
37 That woman
38 Broad
39 From the top
40 Apple, e.g.
41 Do as you're told
44 A Gershwin
45 Hearty quaff
46 Actress Vardalos
47 See 37-Across

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	5	6	7	8	9	4	3	2
2	3	7	1	5	4	6	8	9
8	4	9	3	6	2	1	5	7
9	6	8	2	4	3	5	7	1
5	7	2	8	1	6	9	4	3
3	1	4	5	9	7	2	6	8
4	8	3	9	2	5	7	1	6
6	2	1	4	7	8	3	9	5
7	9	5	6	3	1	8	2	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Louisiana Seafood Gumbo

INGREDIENTS:

250 g peeled, deveined large shrimp
3 tbsp all-purpose flour
3 tbsp canola oil
1 large onion, chopped
1 red pepper, chopped
4 cloves garlic, minced
3 1/2 cups chicken broth
2 cups okra pods, sliced
2 bay leaves
1 tsp thyme
1/2 tsp cayenne pepper
250 g turkey sausage, sliced
250 g lump crab meat, picked over and flaked
1 cup shucked oysters, undrained

METHOD:

1. Rinse shrimp and pat dry; refrigerate. For roux, in heavy Dutch oven, stir together flour and oil until smooth. Cook over moderate heat, stirring constantly, 5 to 7 minutes or until roux is dark brown.
2. Add onion, red pepper and garlic. Cook 8 to 10 minutes or just until vegetables are tender, stirring frequently. Gradually stir in broth. Stir in okra, bay leaves, thyme and cayenne. Bring to boil. Lower heat and simmer, covered, 20 minutes.
3. Add sausage. Simmer, covered, 10 minutes. Add shrimp, crab and oysters. Bring to boil. Lower heat and simmer, uncovered, until shrimp and crab turn opaque. Discard bay leaves. Spoon off fat. Serve with rice.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
In recent weeks you have been very much your own boss but as the Sun moves out of your sign you need to be a bit more realistic

TAURUS ♉
APRIL 21-MAY 21
No matter how many disappointments you may have suffered in recent weeks better times are just around the corner — you can feel them.

GEMINI ♊
MAY 22-JUNE 21
The Sun moves into the most sensitive area of your chart today and because of that there is a danger you could get a bit depressed. It will pass.

CANCER ♋
JUNE 22-JULY 22
Don't try to impose your beliefs on other people today because they simply won't listen. They've got their own views after all.

LEO ♌
JULY 23-AUG 23
As the Sun crosses the midheaven angle of your chart today you are sure to feel more ambitious than usual. You can accomplish great things.

VIRGO ♍
AUG 24-SEPT 22
If you have plans to be on the move over the next few days they are sure to go well. At this time of year you want to break free of restrictions.

LIBRA ♎
SEPT 23-OCT 23
Over the next few days you will be confronted with some money-making opportunities. It's up to you whether or not you take the risk.

SCORPIO ♏
OCT 24-NOV 22
The Sun's entry into your opposite sign marks the halfway point of your solar year, making this the ideal time to look back over the past six months.

SAGITTARIUS ♐
NOV 23-DEC 21
Don't feel envious just because someone has done better than you. Not even a Sagittarius can be Number One all the time.

CAPRICORN ♑
DEC 22-JAN 20
The past few weeks may have been frustrating but the Sun's change of signs will put a spring in your step and bring a smile to your face.

AQUARIUS ♒
JAN 21-FEB 18
Your instincts seem to be telling you that there is bad news on the way but don't jump to conclusions.

PISCES ♓
FEB 19-MARCH 20
Today's challenges may not be enjoyable but you are ready for them and determined and you'll approach them in the right frame of mind

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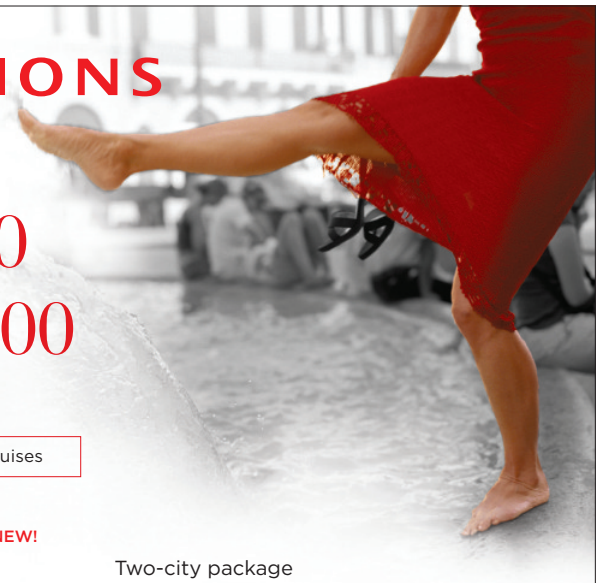

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Maui Coast Hotel • 3★
Double deluxe rm.
May 29 • 1 wk.

$1069 +Taxes & other fees (including service charges): $147

MEXICO

Cancun / Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
June 13 • 1 wk.

$779 +Taxes & other fees (including service charges): $290

Puerto Vallarta / Riviera Nayarit

Barceló Puerto Vallarta • 4★
All-Inclusive • Junior suite deluxe
May 1 – 29 • 1 wk.

$889 +Taxes & other fees (including service charges): $270

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